



Choices for Whole Grains:

- Whole grain bread
- Whole grain muffins
- Whole grain bagels
- Whole grain rolls
- 100% bran cereal
- Raisin bran
- Brown rice
- Whole rye crackers
- Whole grain flatbread
- Multigrain crackers
- Popcorn
- Sunflower seeds
- Pumpkin seeds

*Serving Size— 1/2 cup
or the size of a cupcake*

Choices for Lean Protein:

- Egg whites
- Chicken (no skin)
- Turkey (no skin)
- Sirloin (cut away extra fat)
- Flank steak
- Pork loin
- Fish (two times a week)
 - Salmon
 - Tuna
 - Flounder
 - Catfish
- 90% Lean Ground Beef

*Serving Size—3 ounces
or the size of a deck of cards*

Take Charge of Your Plate!

1/3 Whole Grains

1/3 Fruits & Vegetables

9 inch plate

1/3 Lean Protein
(or less)



South Carolina Department of Health
and Environmental Control

CR-005338 3/08

Choices for Vegetables:

- Asparagus
- Baked beans
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Corn
- Cucumbers
- Green beans
- Kale
- Leafy greens
- Lima beans
- Mushrooms
- Okra
- Onions
- Parsnips
- Peas
- Potatoes
- Rutabagas
- Squash
- Sweet potatoes
- Turnip greens
- Zucchini

*Serving Size— 1/2 cup
or the size of 1/2 a baseball*

Choices for Fruits:

- Apples
- Bananas
- Blueberries
- Cantaloupe
- Grapefruit
- Grapes
- Kiwi
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Strawberries
- Tangerines
- Watermelon

For more information:

Toll Free

1-866-369-9333

Office of Public Health Nutrition

This material was funded by
USDA's Food Stamp Program.

This institution is an equal opportunity
provider and employer.

